Colchester
Youth Voices Count Survey Results
October 2024

B. Weyland Smith

Consulting

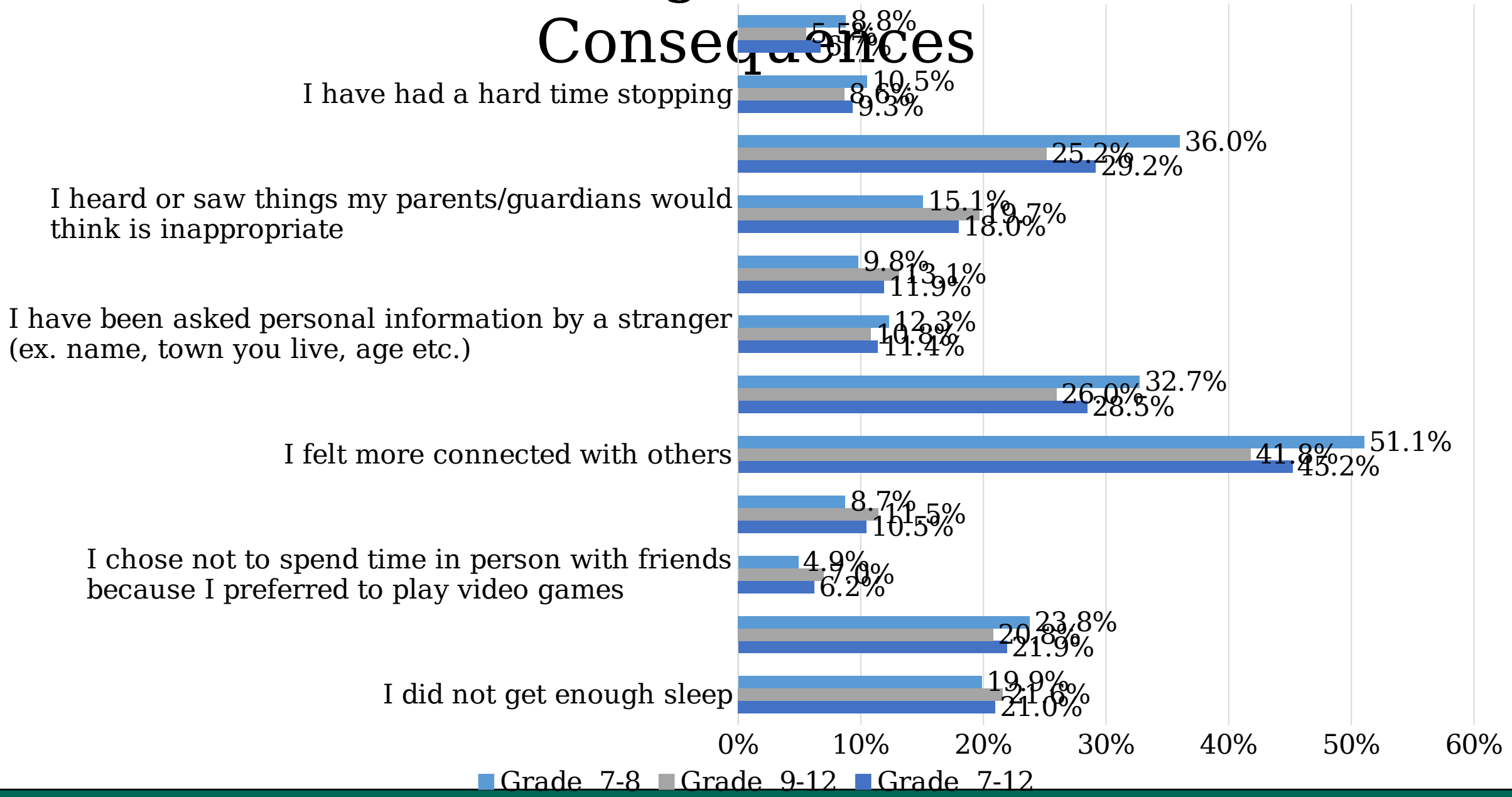
Background

- In October 2024, students from Colchester Middle School and High School in grades 7-12 participated in the Youth Voices Count Survey on youth lifestyles, substance use, mental health, and related risk and protective factors
- The survey was completely anonymous, no identifying information was collected
- Students were provided an instructional video informing them of confidentiality, right to opt out and resources if the survey brought up uncomfortable feelings

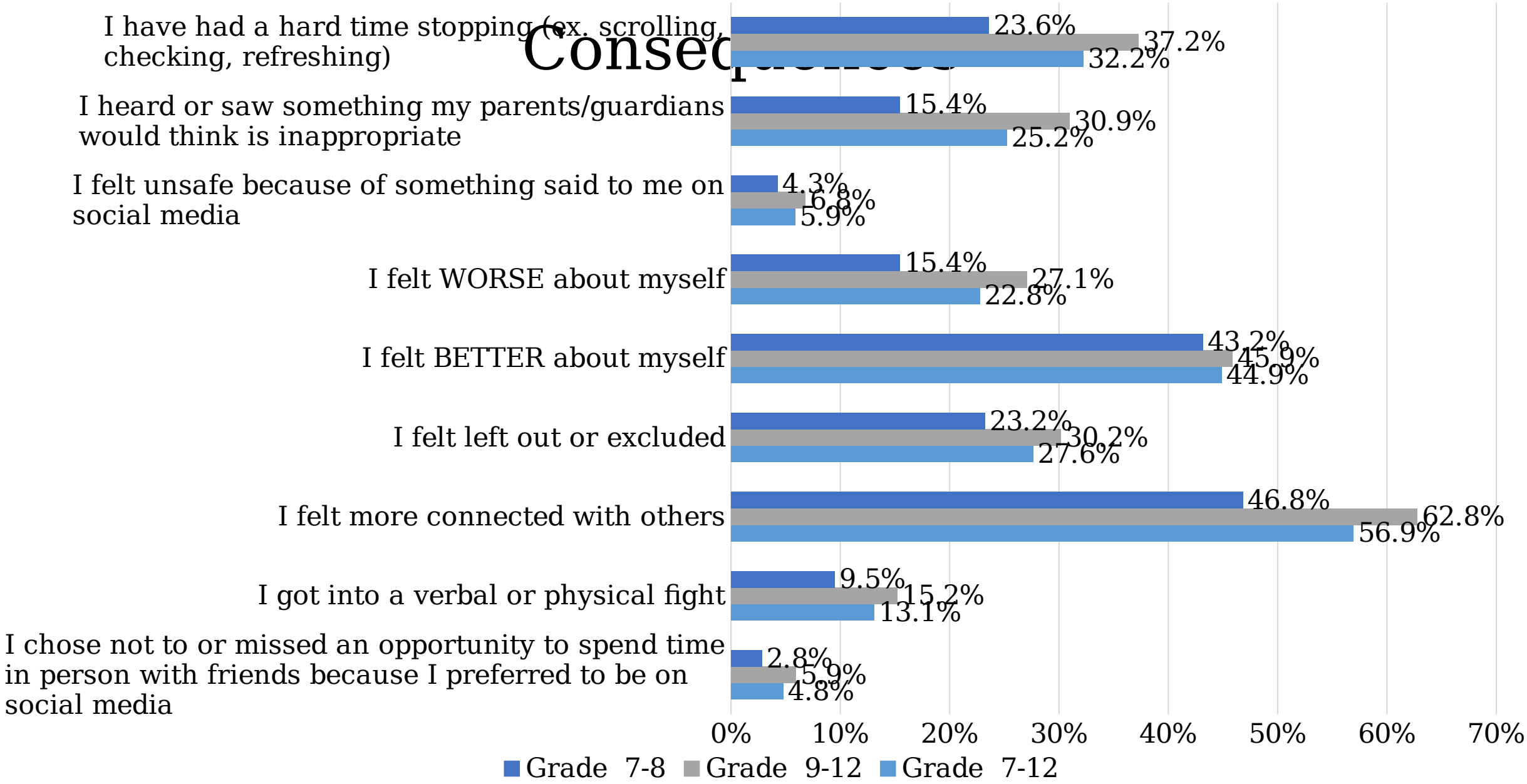
Response Rate

Sample Response Rates	Sample Count	Population Count	Response Rate (%)
Grade 7	139	146	95.21%
Grade 8	150	160	93.75%
Grade 9	133	147	90.48%
Grade 10	111	133	83.46%
Grade 11	134	155	86.45%
Grade 12	118	133	88.72%
Grades 7-8	289	306	94.44%
Grades 9-12	496	568	87.32%
Grades 7-12	785	874	89.82%

Gaming Assets and Consequences

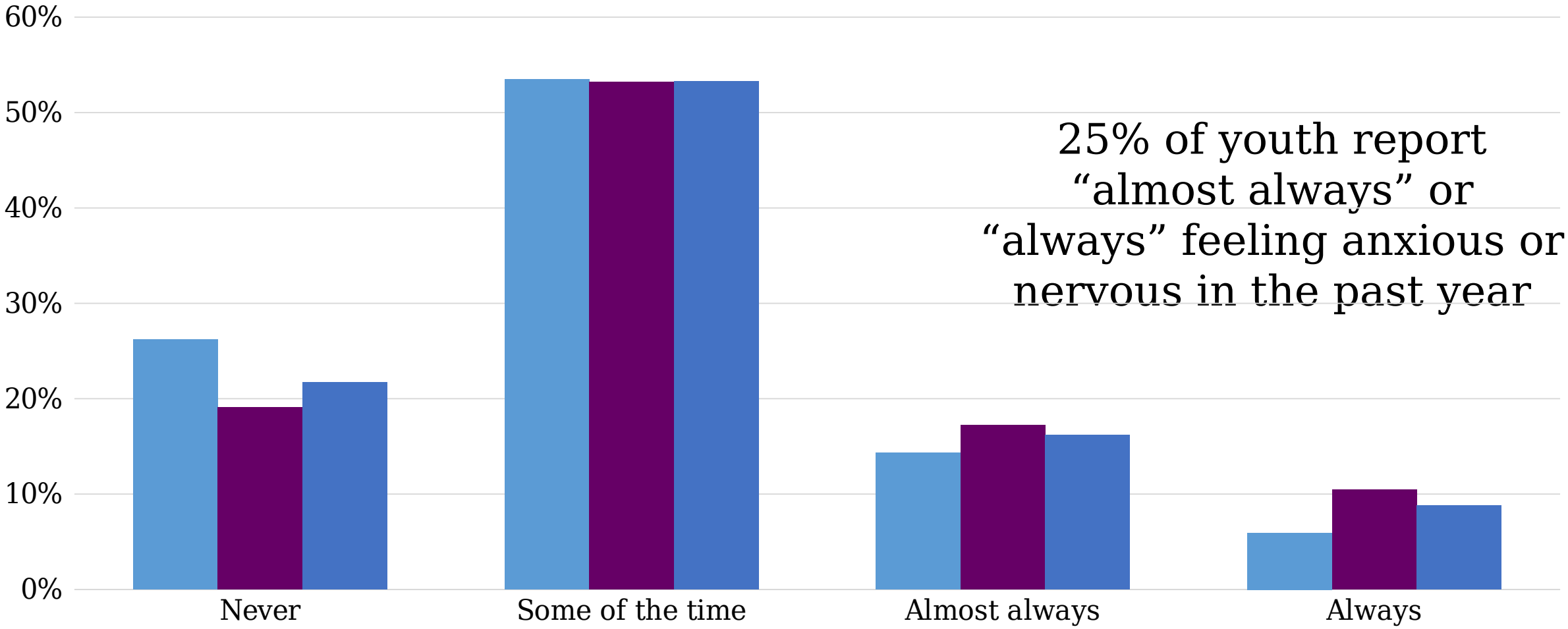


Perceived Social Media Assets and Consequences



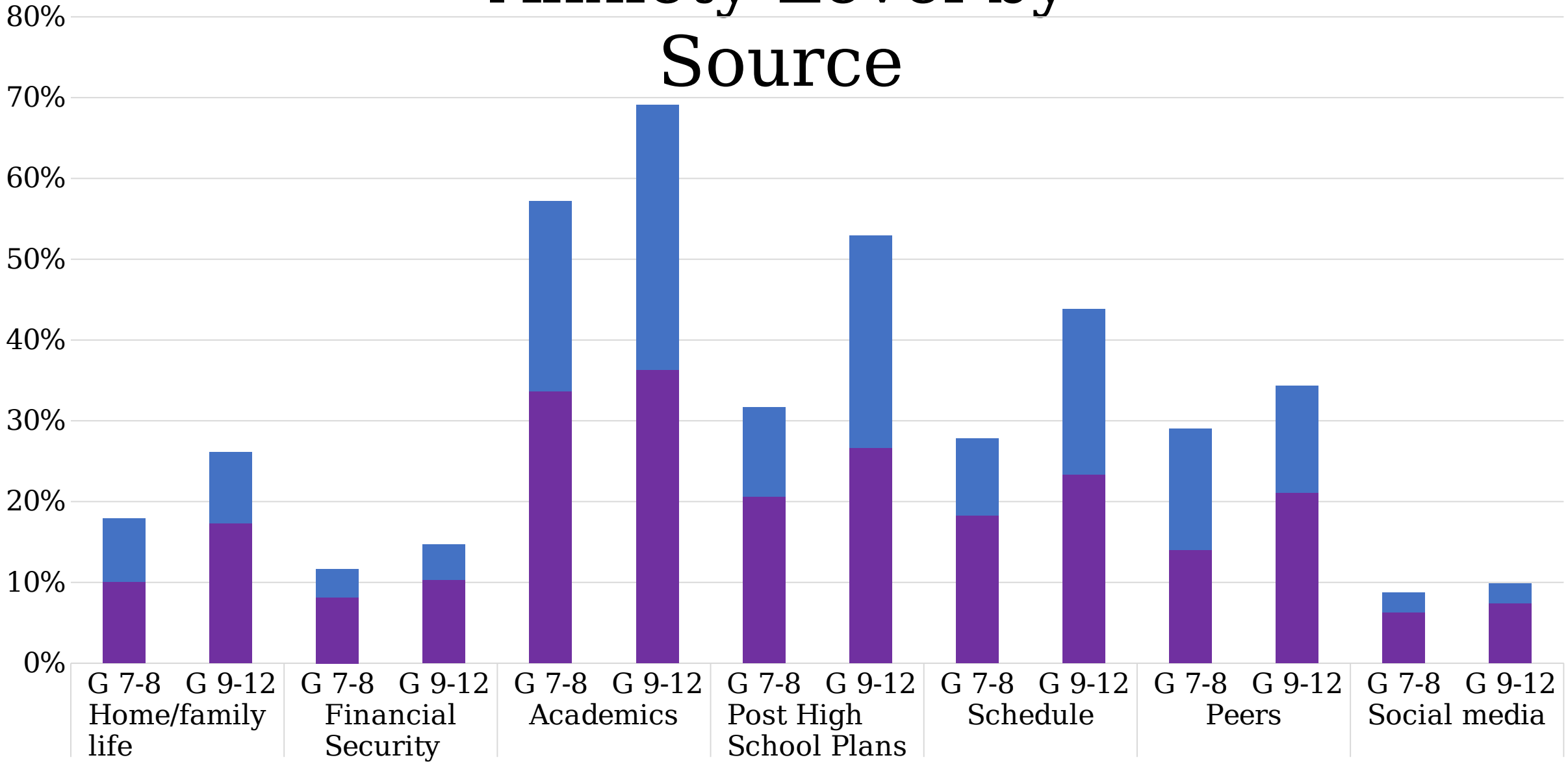
Emotional Health

Past Year Anxiety

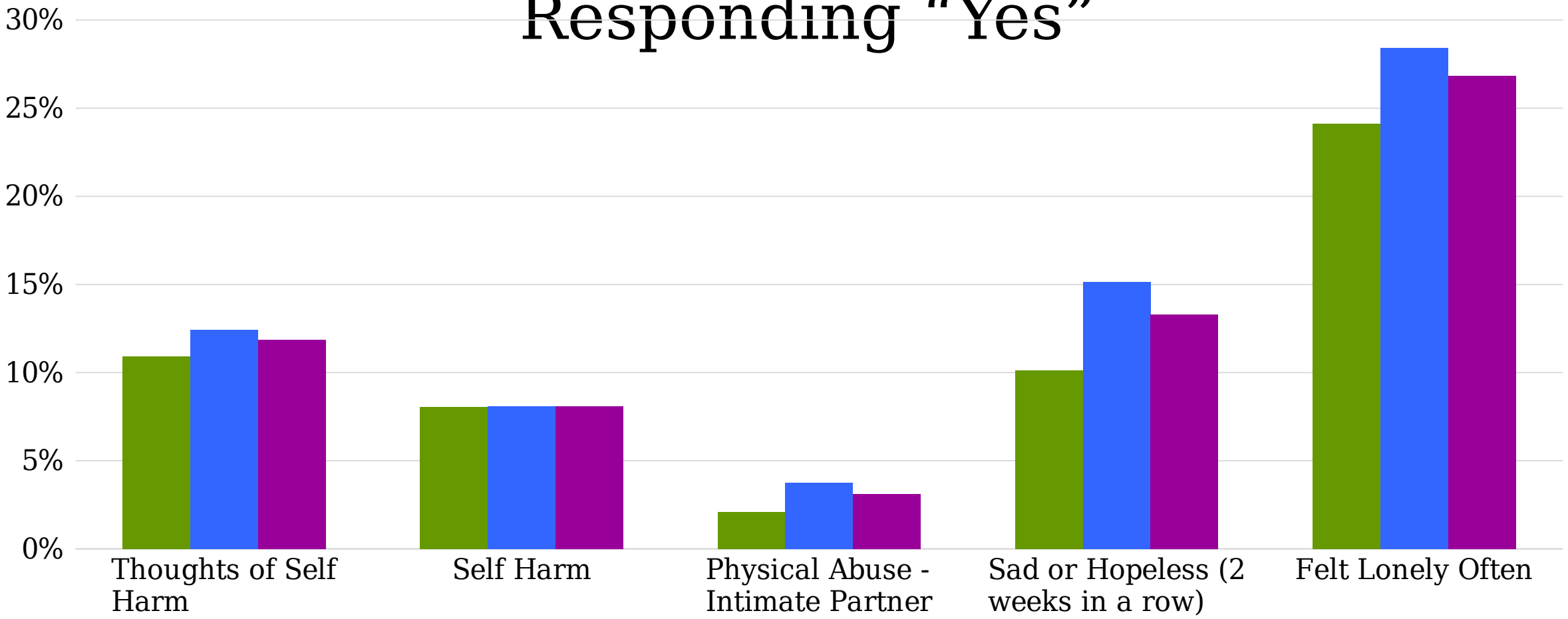


25% of youth report “almost always” or “always” feeling anxious or nervous in the past year

Anxiety Level by Source



Other Emotional Health Indicators, % Responding “Yes”

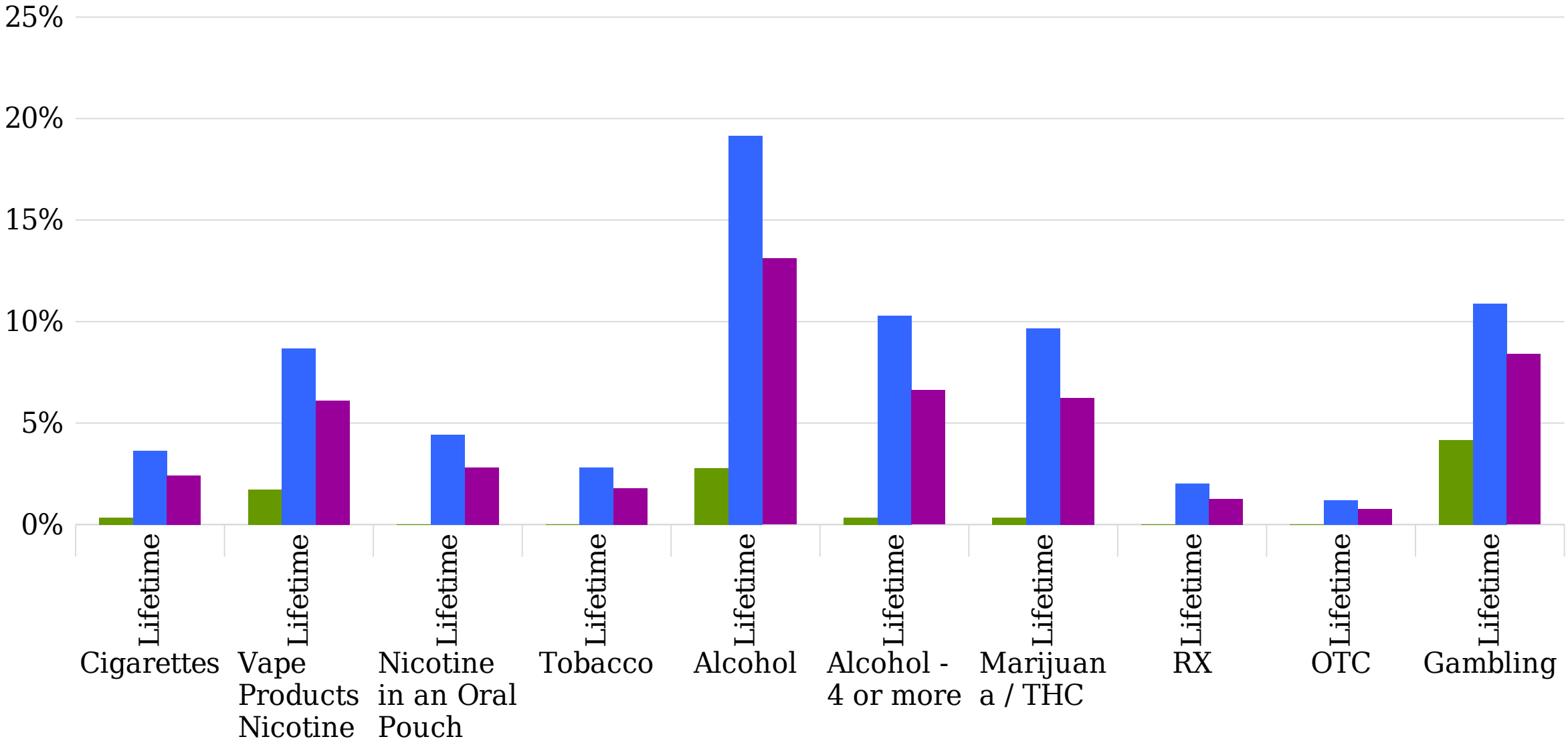


Substance Use and Perceptions

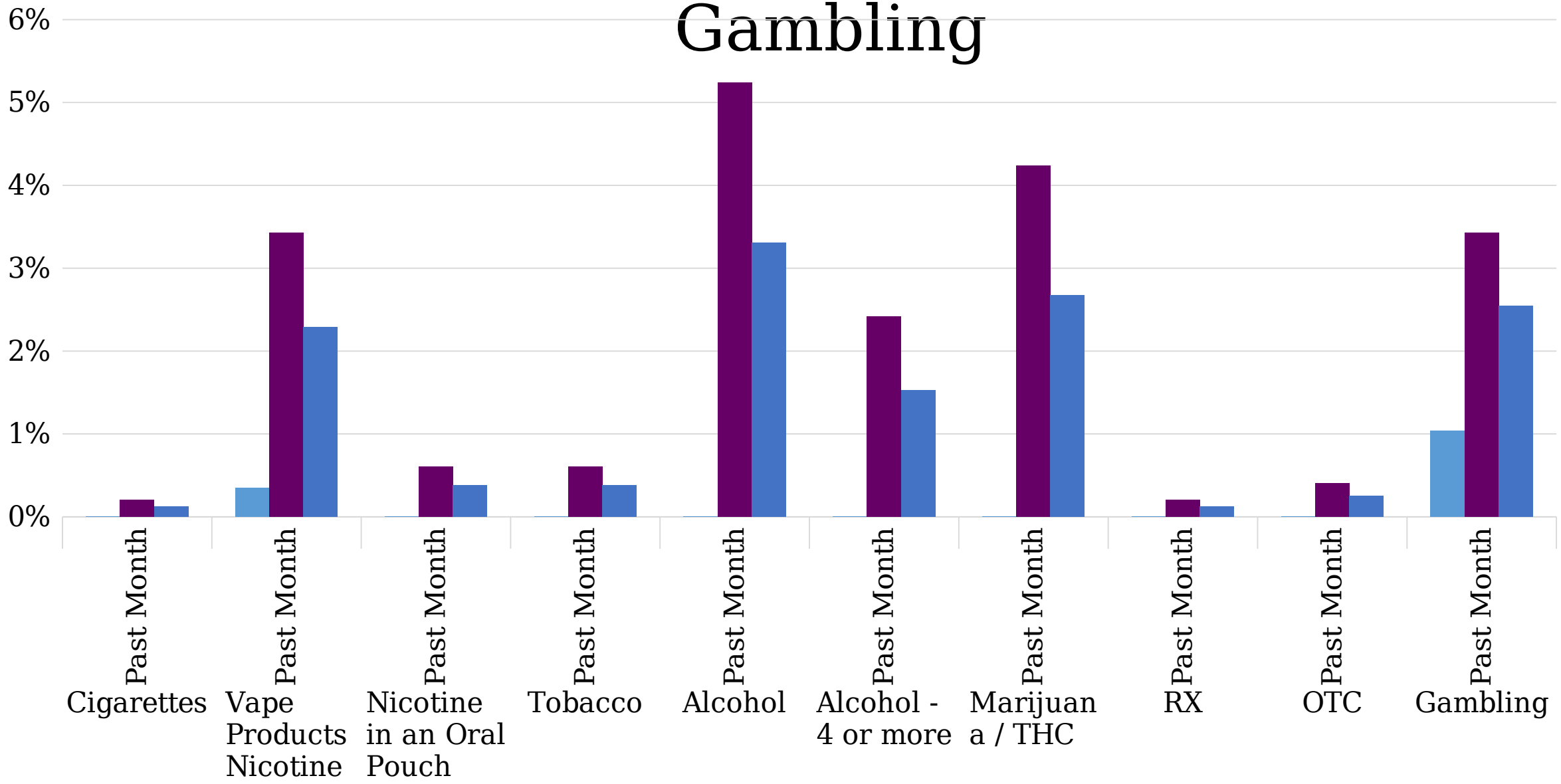
B. Weyland Smith

Consulting

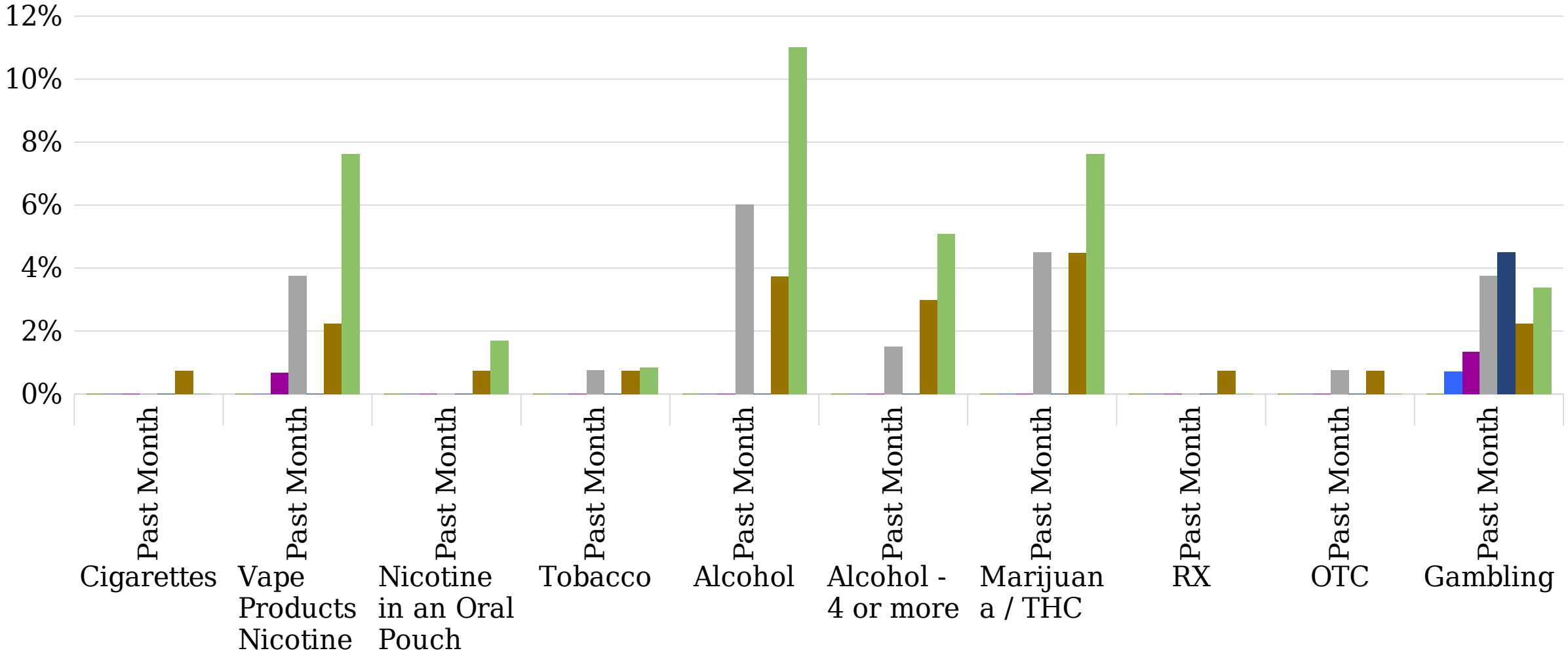
Lifetime Use of CORE Substances and Gambling



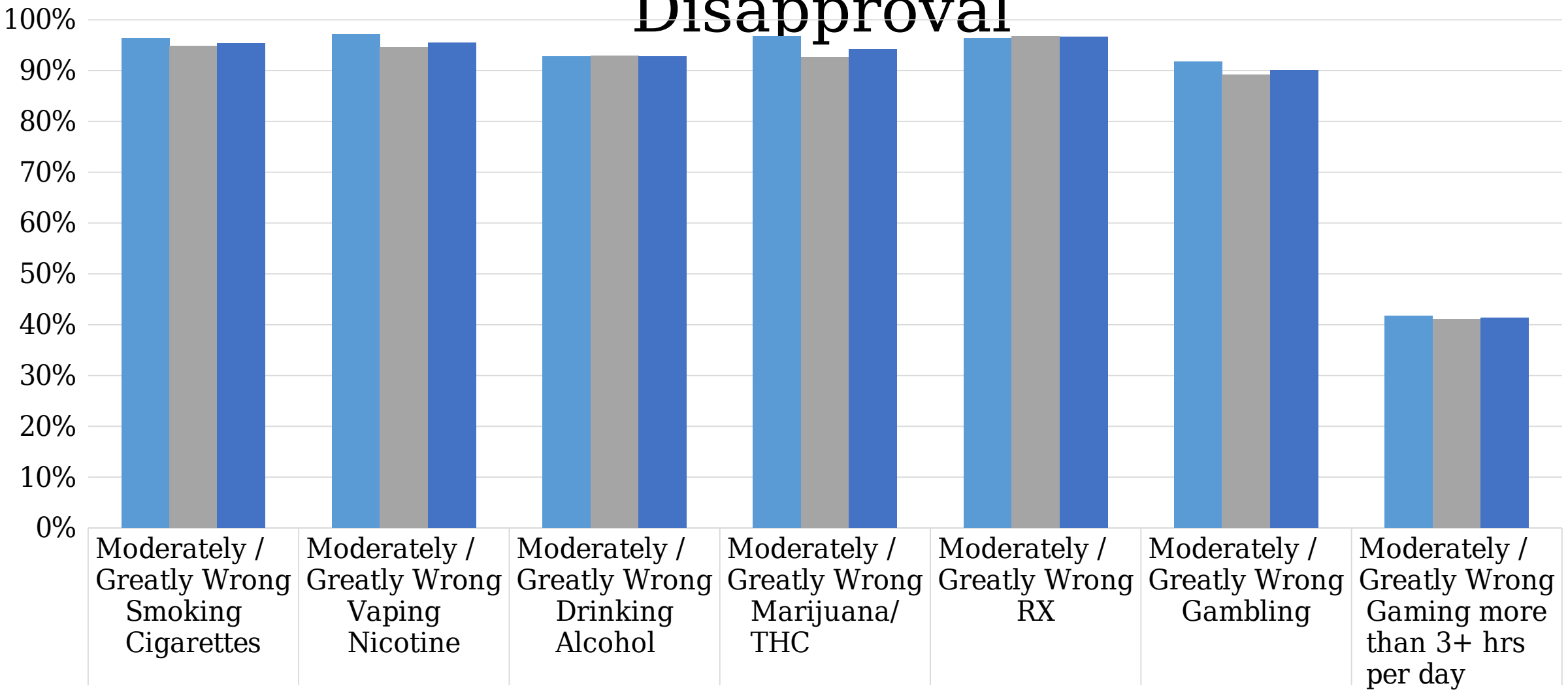
Past Month Use of CORE Substances and Gambling



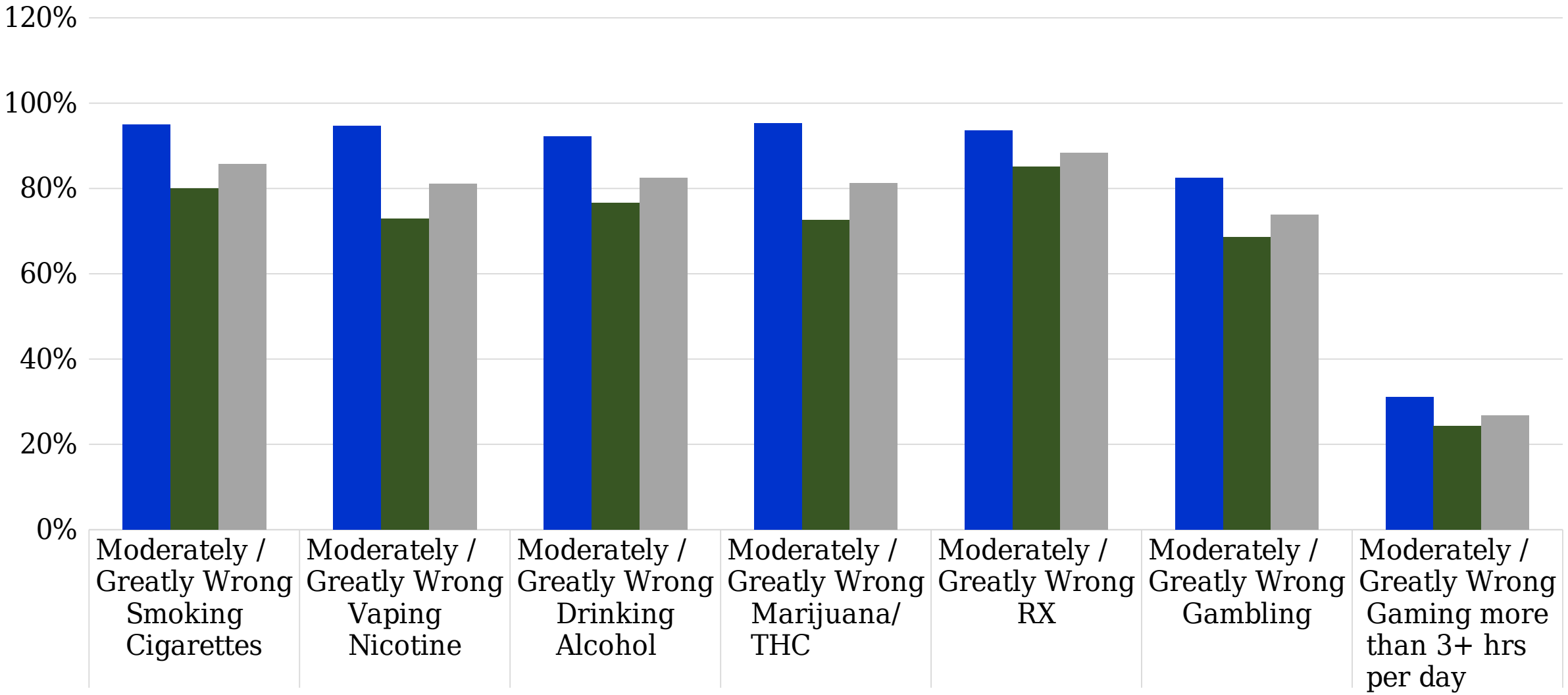
Past Month Use of CORE Substances and Gambling by Grade



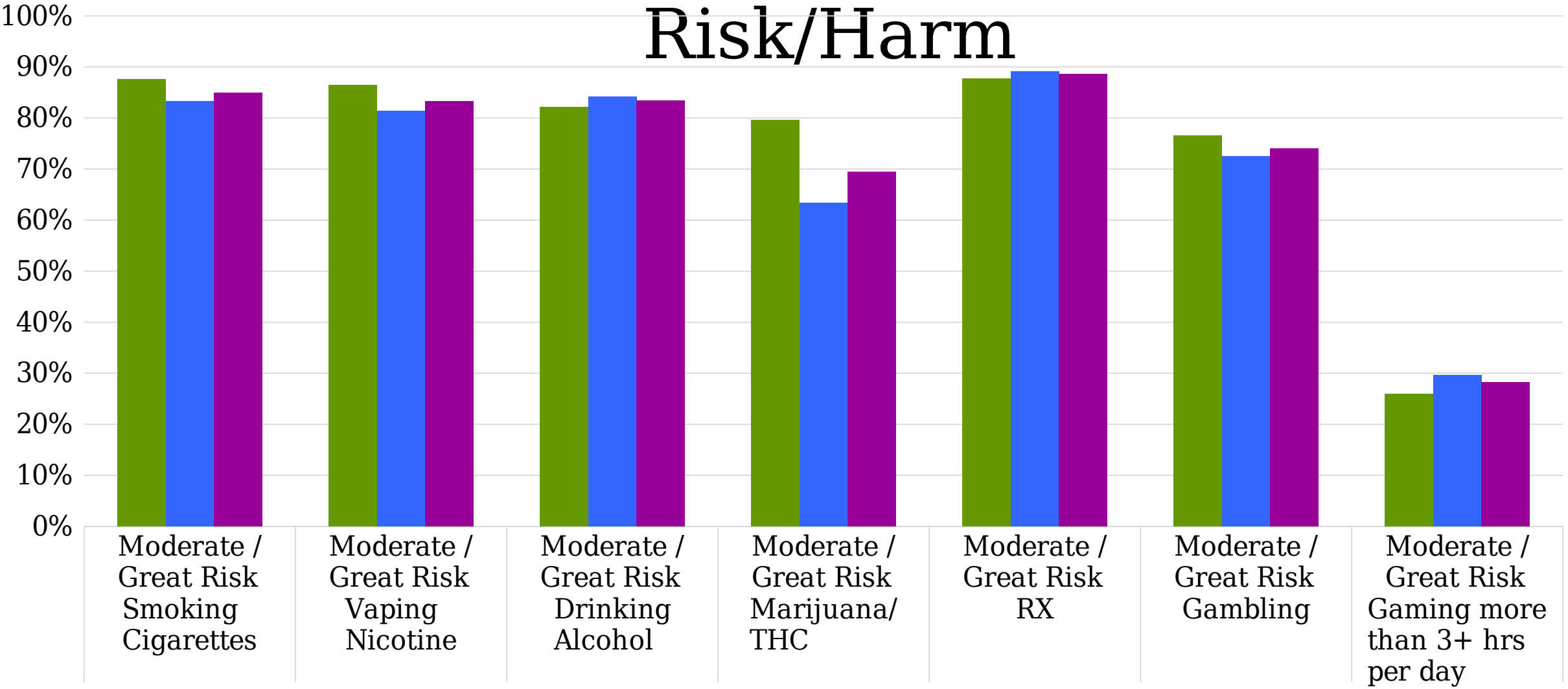
Perception of Parental Disapproval



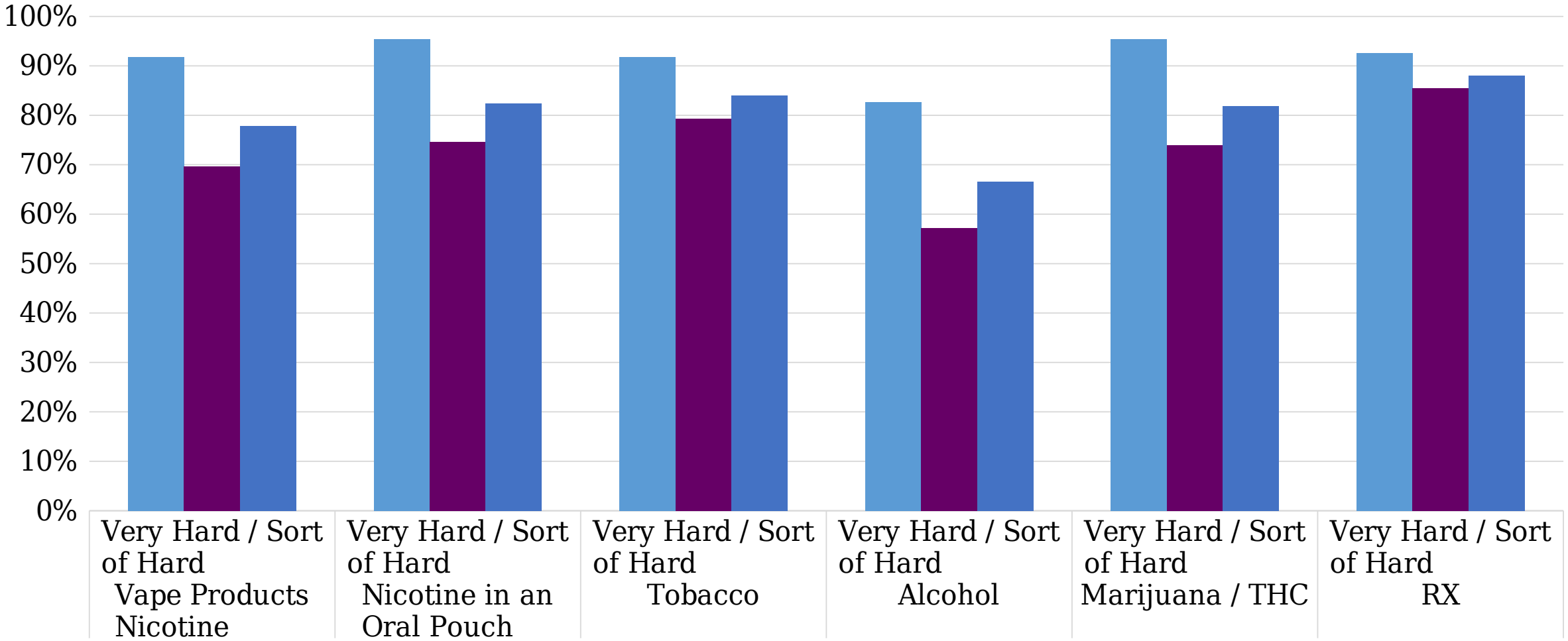
Perception of Peer Disapproval



Perception of Risk/Harm

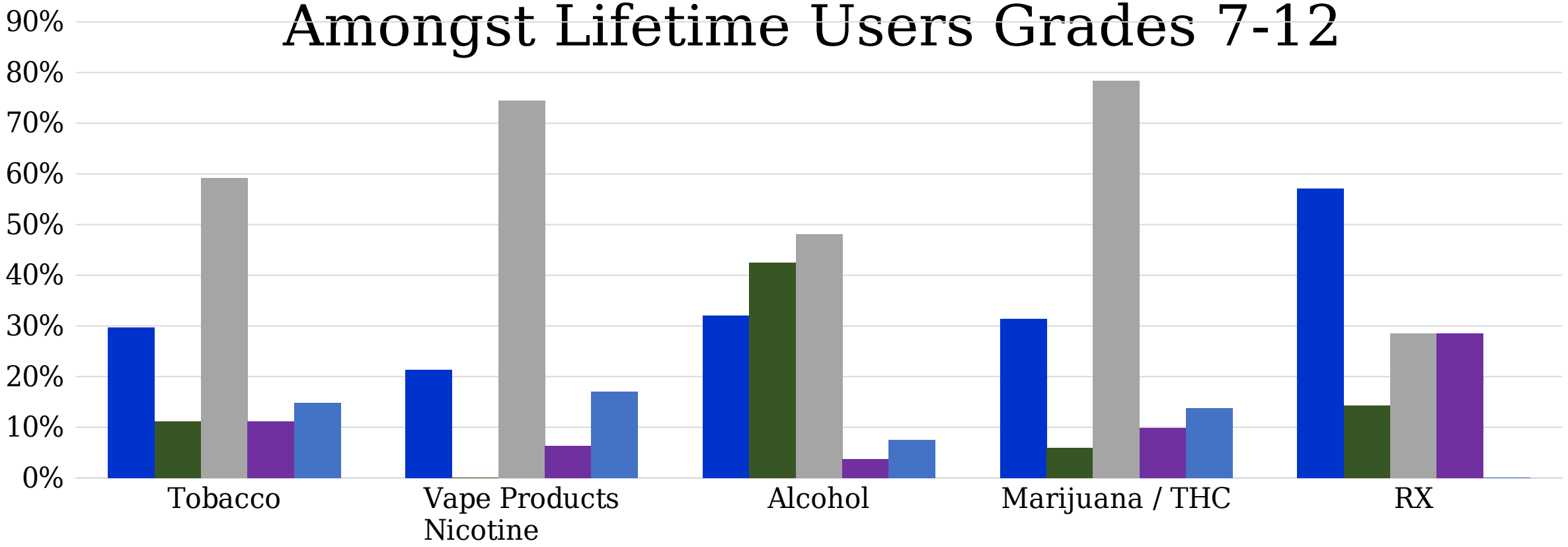


Perception of Access

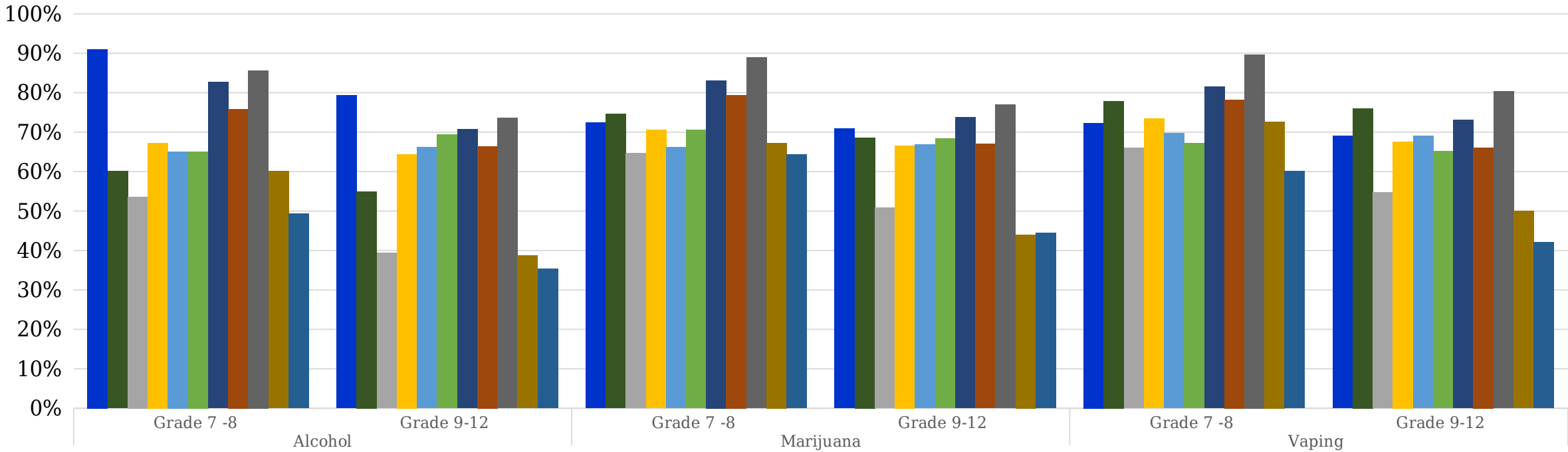


Where Substances Are Acquired Most Often

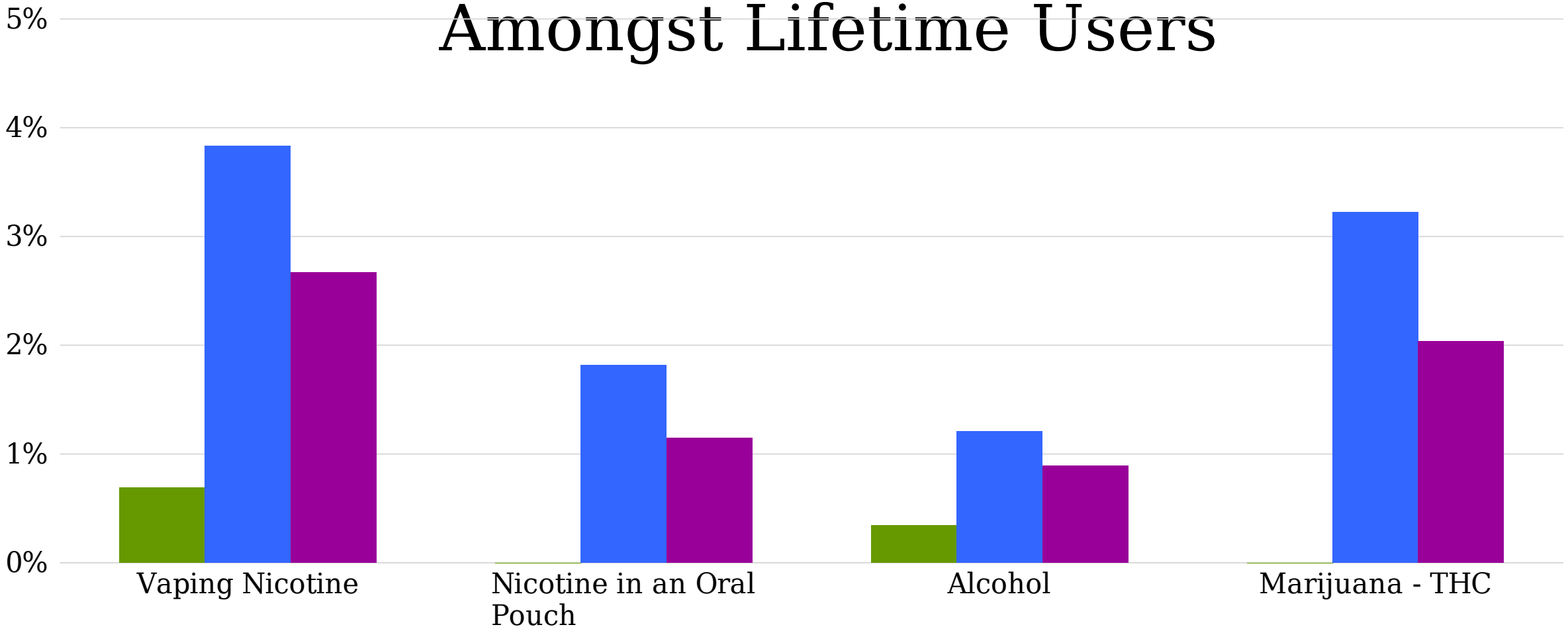
Amongst Lifetime Users Grades 7-12



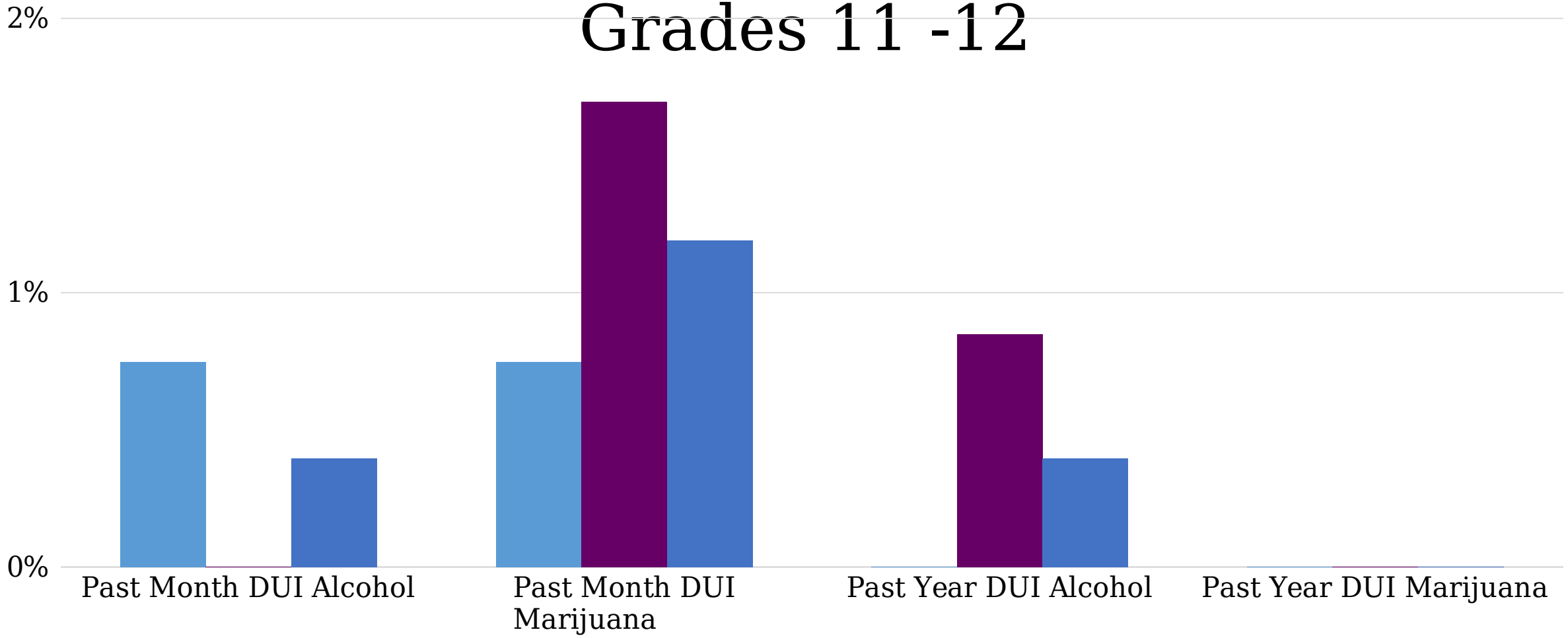
Reasons Why Substances Are Not Used, Grades 7-8 and 9-12



Youth Use of Substances at School- including school events Amongst Lifetime Users



Driving Under the Influence Alcohol and Marijuana
Grades 11 -12



Selected Risk Factors for Any Substance Use, Grades 7-12

The following list includes youth reported experiences and perceptions that are statistically associated with lifetime use of any substance use. It is important to note association should not be considered causation.

Colchester Middle and High School youth who have used **any substance in their lifetime** are more likely to:

- Have post high school plans as a source of anxiety
- Report having thoughts of self harm and harming themselves
- Report more ease of access to vape products, cigarettes, and prescription drugs
- Report family use of alcohol, marijuana, prescription drugs and gambling creating problems at home, work or with friends
- Perceive less risk in using alcohol, marijuana, and gambling
- Report less parental disapproval for cigarettes, marijuana, and gambling
- Report not having a parent/guardian, coach or other trusted adult as a source of help if they had a problem
- Report not feeling safe in their school

Selected Risk Factors for Any Substance Use, by High School and Middle School

The following lists include youth reported experiences and perceptions that are statistically associated with lifetime use of any substance use for high school and middle school. It is important to note association should not be considered causation.

Colchester High School youth who have used **any substance in their lifetime** are more likely to:

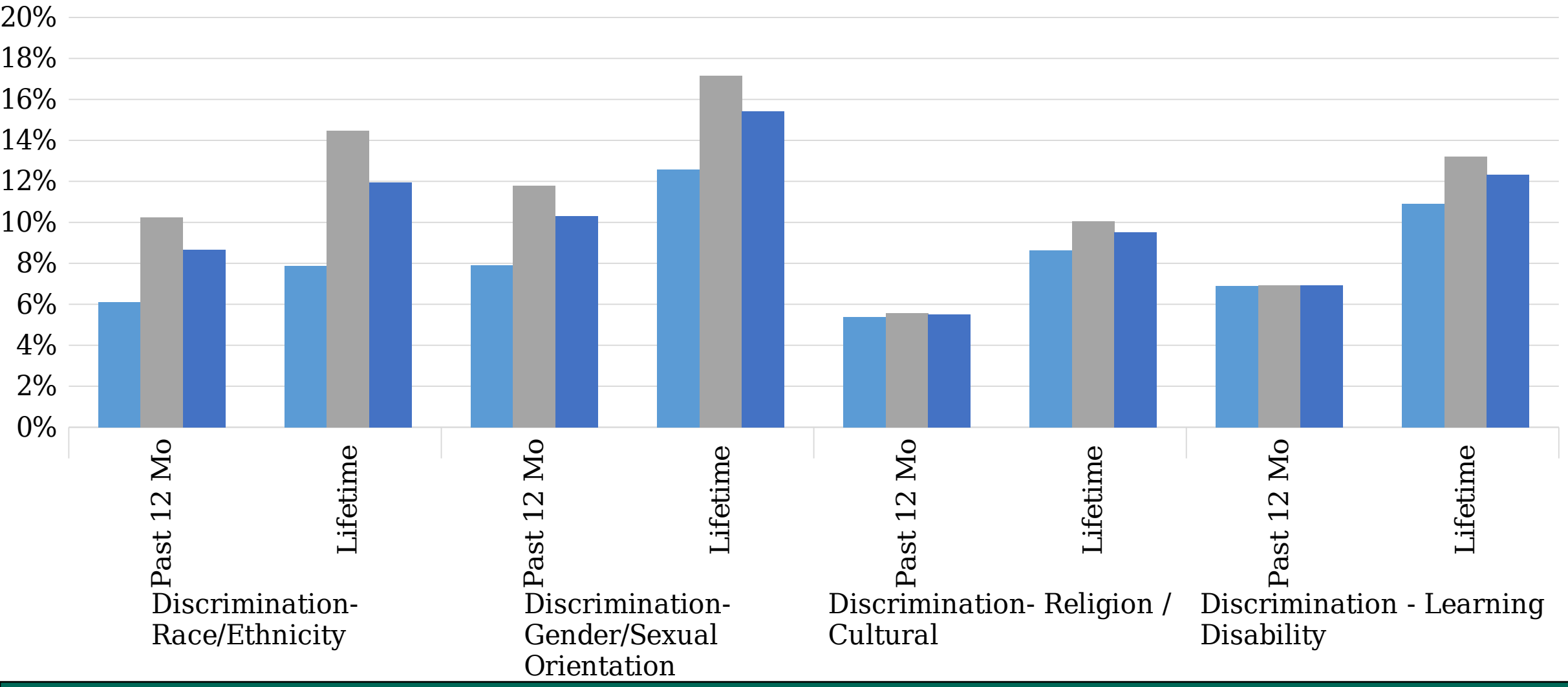
- Have considered suicide
- Report more ease of access to nicotine in an oral pouch, alcohol and marijuana
- Report not having clear family rules around alcohol, marijuana, gambling, and internet use
- Report less parental disapproval for vaping, alcohol, prescription drugs and gaming
- Perceive more peer use of alcohol, marijuana, vape products, and nicotine in an oral pouch
- Report gender discrimination, have seen school violence, been a victim of neighborhood or school violence in the past year

Colchester Middle School youth who have used **any substance in their lifetime** are more likely to:

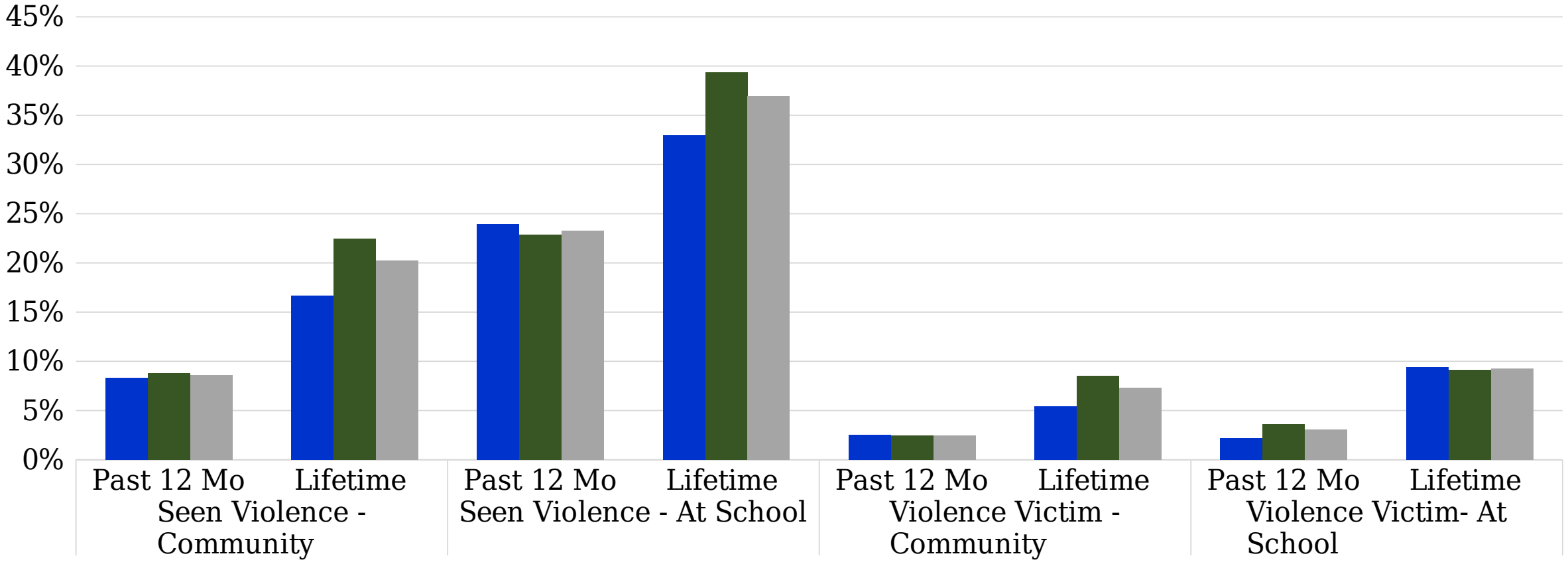
- Report 5 hours or more on the internet or gaming
- Report 5 hours or less of sleep
- Have experienced physical abuse from an intimate partner
- Have felt sad or hopeless two or more weeks in a row stopping them from doing usual activities
- Perceive less risk from gambling

Toxic Stress

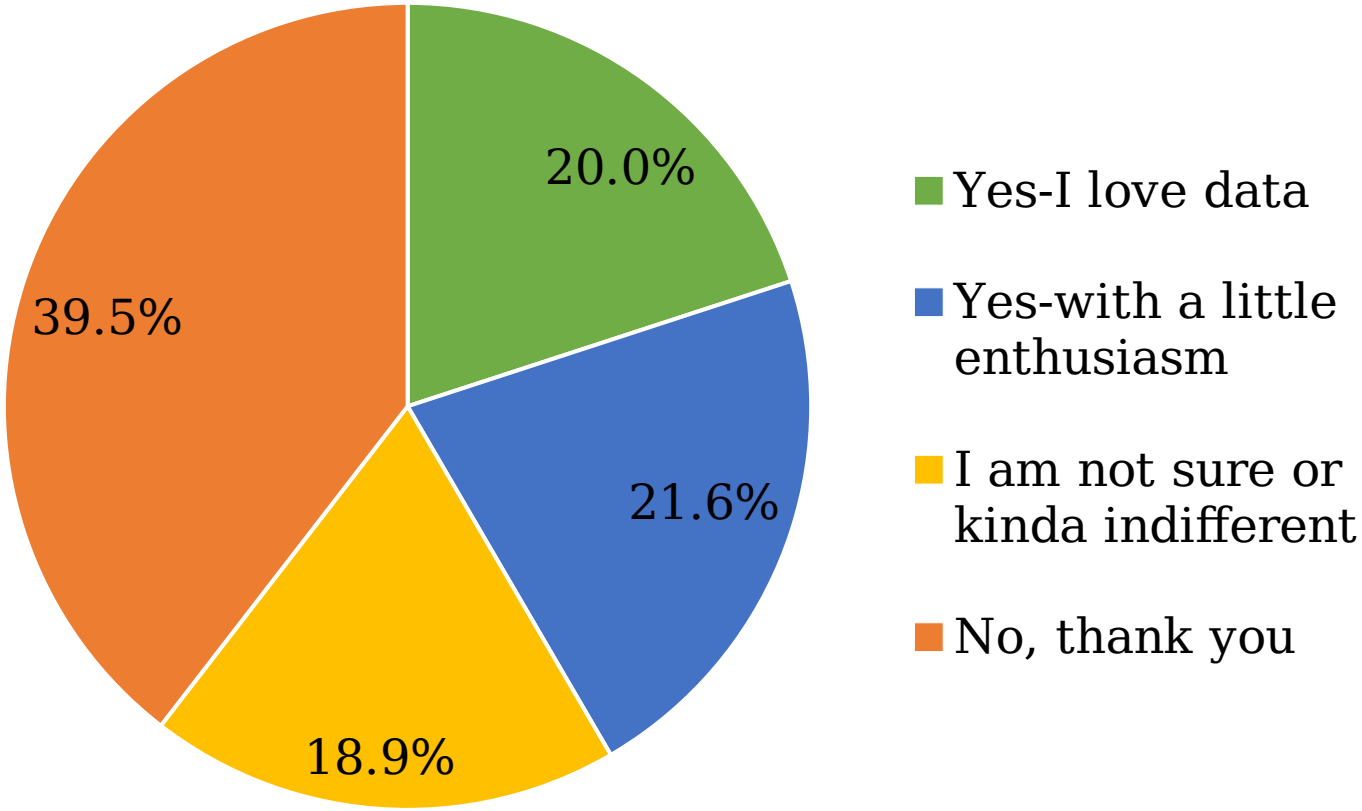
Toxic Stress Discrimination (% Yes)



Toxic Stress Violence (% Yes)



Would you like to see the data and information that is being collected by this survey when it is available?



41.6% of students report they would like to see the data from the survey

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MACHOMAN
RANDY SAVAGE

NICOTINE ADDICTION CAN
NEGATIVELY IMPACT
YOUTH MENTAL HEALTH

EMPOWER
SQUEEZE

WARS
RAW THRILLS
GODZILLA

Bake Sale
A fundraiser for Youth Center improvements & our scholarship fund

Class Act
SPORTSMANSHIP
ECC
BACON ACADEMY

BOBCATS
BACON ACADEMY
BOUNCE BACK TO WELLNESS

YOUNG
DEMS
VILLANOVA
UNIVERSITY

Let's Talk About It.
COLCHESTER YOUTH FIRST COALITION
LIQUOR TAMPER SECURITY STICKERS
Let's Talk About It.
OUT OF 785 STUDENTS
196
&
102
Have tried alcohol in their lifetime.
Don't ignore the signs!
But it's still important to talk about the risks.
MARQUIS LAWSON
COLCHESTER YOUTH FIRST COALITION